



# Prawn and Tomato Spaghetti with Peas and Cheese

Calorie Smart

20 Minutes • Mild Spice • 2 of your 5 a day

28



Spaghetti



King Prawns



Onion



Garlic Clove



Tomato Passata



Red Wine Stock Paste



Mixed Herbs



Sun-Dried Tomato Paste



Peas



Grated Hard Italian Style Cheese

### Pantry Items

Oil, Salt, Pepper, Sugar, Butter



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Kettle, saucepan, colander, frying pan and garlic press.

## Ingredients

Ingredients	2P	3P	4P
Spaghetti <b>13</b>	180g	270g	360g
King Prawns** <b>5</b>	150g	225g	300g
Onion	1	2	2
Garlic Clove**	3	4	6
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Wine Stock Paste <b>14</b>	28g	42g	56g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Sun-Dried Tomato Paste	25g	37g	50g
Peas**	120g	180g	240g
Grated Hard Italian Style Cheese** <b>7</b> <b>8</b>	20g	40g	40g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Butter*	10g	15g	20g

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	501g	100g
Energy (kJ/kcal)	2577 /616	514 /123
Fat (g)	11.0	2.2
Sat. Fat (g)	5.1	1.0
Carbohydrate (g)	97.2	19.4
Sugars (g)	21.7	4.3
Protein (g)	31.2	6.2
Salt (g)	3.97	0.79

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**5)** Crustaceans **7)** Milk **8)** Egg **13)** Cereals containing gluten  
**14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Cook the Spaghetti

**a)** Boil a full kettle. Pour the **boiled water** into a large saucepan with **½ tsp salt** on high heat.

**b)** Add the **spaghetti** and bring back to the boil. Cook until tender, 8 mins.

**c)** Once cooked, drain in a colander and pop back in the pan. Drizzle with **oil** and stir through to stop it sticking together.



## Bring on the Sauce

**a)** Stir in the **passata, red wine stock paste, mixed herbs, sugar** and **water for the sauce** (see pantry for both amounts). Bring to the boil, then reduce the heat and simmer until thickened, 2-3 mins.

**b)** Stir in the **sun-dried tomato paste** and **peas** and heat until piping hot, 1 min.

**c)** Mix in the **butter** (see pantry for amount) until melted.



## Fry the Prawns

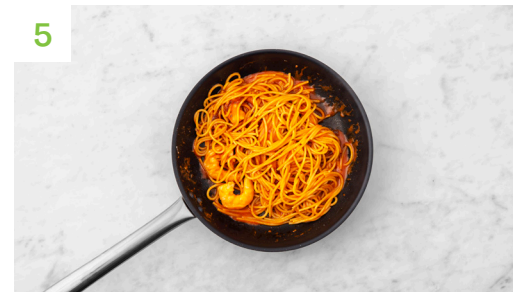
**a)** While the **spaghetti** cooks, drain the **prawns**.

**b)** Halve, peel and chop the **onion** into small pieces.

**c)** Heat a drizzle of **oil** in a large frying pan on medium-high heat.

**d)** Once hot, add the **prawns** and **onion**. Season with **salt** and **pepper** and stir-fry for 4-5 mins.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



## All Together Now

**a)** Stir in the **hard Italian style cheese**, then taste the **sauce** and season with **salt** and **pepper** if needed.

**b)** Once ready, stir through the **cooked spaghetti**. Add a splash of **water** to loosen the **sauce** if needed.



## Garlic Time

**a)** Meanwhile, peel and grate the **garlic** (or use a garlic press).

**b)** Add the **garlic** to the **prawns** and fry until fragrant, 1 min.



## Serve Up

**a)** Share the **prawn spaghetti** between your bowls.

## Enjoy!